NatureVolve

Bridging science & art

Issue 14

Health & Innovation

Busting Health Barriers

Talking with Chief Editor of NatureVolve

Expedition Photography

Zombie Ants

& more...

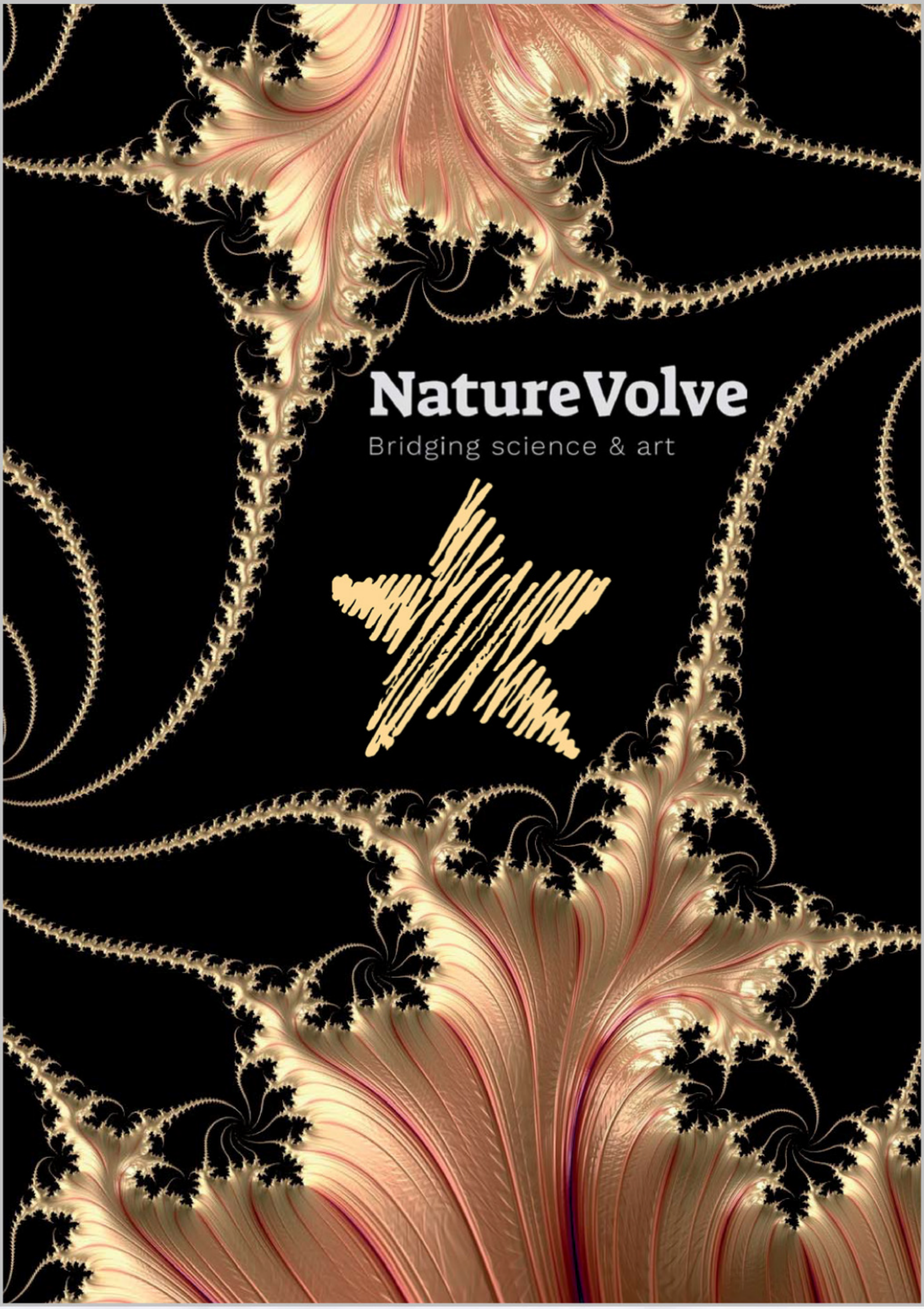
Read..

Cover image: Northern lights. Thanks to the photography of andersgaard on pixabay.

Science Conservation Scicomm Art Written Word

VISIT…

LANZAROTE
Caliente.com


NatureVolve
Bridging science & art

NatureVolve.com Communicating science
Combining art

Twitter Facebook LinkedIn

Features

SCIENCE

Breaking barriers to a healthier lifestyle

NASA Announces Future Launch for USU-Led Space Weather Mission

Sci Snapshot gallery

CONSERVATION

Conservation In Focus

SCICOMM

Why we bridge science with art in NatureVolve

Scicomm gallery

ART

Art Gallery showcase

WRITTEN WORD

The Crab

Editor's note

Welcome to issue 14 of NatureVolve magazine

Issue 14 brings together diverse thinkers across science and art with a special focus on health, wellbeing, biology and innovation. We have a glimpse of healthier lifestyles, of expedition photography, entrepreneurial stories and even zombie ants in this edition!

At NatureVolve we believe there is an important *connection between science and art*, and we thank our community who help us to broadcast ideas in both subjects. If you have friends who may enjoy this issue, please feel free to let them know about NatureVolve.

To support us and stay tuned with our journey, on our website naturevolve.com you can subscribe to our mailing list, or register interest if interested to be featured in an upcoming issue.

We hope you enjoy this issue!

Best wishes,

Clarissa Wright
Editor-in-Chief

Bio

Clarissa Wright is Editor of NatureVolve, an artist, creative writer and a freelance science journalist. She has contributed to Big Think, Eos and journal news sites. After completing MSc Micropalaeontology from University of Birmingham and BSc Geology from University of Aberdeen, Clarissa entered the academic publishing industry in London at Springer Nature. She later went on to be a Chief Editor at Meteored and later held a role at Frontiers. If you need help writing about complex science or environmental subjects feel free to email her.

Having created geology inspired paintings and joining environmental science expeditions to Oman, she went on to lead editorial content for NatureVolve, from Scotland in the United Kingdom.

Links

Email: Clarissa@naturevolve.com
Researchgate: www.researchgate.net/profile/Clarissa_Wright
Academia.edu: bham.academia.edu/ClariWh
Twitter: @ClarissaWrights

Copyright notice
© NatureVolve digital magazine - all original content providers retain the copyright to their work. No materials may be reused without permission.

Science

Breaking barriers to a healthier lifestyle

Written by Clari Wright

Monika Gostic is not only a teaching fellow at the University of Aberdeen, she's an award winning nutrition coach, and the pioneer of the Breaking B.A.D. (Balanced. Authentic. Deserving.) movement, to help improve the health and lifestyle of busy, often overwhelmed women with chronic conditions. Having first met Monika in Aberdeen, I was curious to learn more.

So, I asked her some questions for the NatureVolve community, all shared here, where she kindly shares the exciting journey she has been on, as she balances varied scientific and lifestyle pursuits in her mission to help others.

AWARDS
CorporateLiveWire
PRESTIGE AWARDS
GLOBAL AWARDS
LTG
LUXURY TRAVEL GUIDE
INNOVATION & EXCELLENCE AWARDS
WINNER

Above: Monika Gostic at the Prestige Awards, with her program Balanced. Authentic. Deserving. © Monika Gostic. All riighthts reserved.

Q & A - Monika Gostic

Tell us about your academic background and current research at the university of Aberdeen.

I came to University of Aberdeen in February, after being in Scotland for 9 years. In all these years, I have completed a PhD in Genetics, a PostDoc in Cancer Research (funded by Cancer research UK), worked as a research technician (viruses) and finally stepped into the role of associate lecturer. During this time, I engaged in many personal and professional development courses, Mentoring scheme and met for networking lunches with WISA (women in science association). Every aspect of academic life has contributed to my personal and professional growth, but mostly, I am incredible grateful for all the wonderful people and students I have had the pleasure to interact with.

While studying, I started to engage in sports activities and clubs and became a part of Saint sport community. I was never a sporty child, so this was my first engagement in physical activity that I actually enjoyed! I started off feeling very shy and attending gym classes, however as my skills grew, my confidence went up as well. Soon I joined MMA club (mixed martial arts) and absolutely loved the mix of technique training, strength training and conditioning. I have learned a lot about my body, however, I realised my mind developed through this experience as well. The mentality of an athlete is very different to the one I possessed before. One thing led to another and I discovered I thoroughly enjoyed picking up heavy things and putting them back down.

As I fell pregnant during my PhD, I had to stop with martial arts, but I was always able to continue to do yoga and strength training. This was something that really helped my mental health and stress relief as a new mum and a PhD student alone in a foreign country. As I was pressed for time and could not attend scheduled classes of any sort any more, I needed to find a way to continue to move. Facebook algorithm clearly knew what I was up to, so I got suggested to join a group called Powerlifting women. I quickly went from a lurker to asking questions, commenting and soaking in all the positivity, empowerment and strength! From that moment on, I fell in love with the sport and 5 years later, I am a competitive powerlifter and a divisional referee for Scottish Powerlifting.

> "..My PhD experience moulded me into a different version of myself, as I developed a business to help people with chronic conditions..."

This incredible journey took me onto developing my own business as well! As I was learning about myself, I applied my scientific thought process to everything I did: why do I feel like this? Why is my body responding like this? Why did X result in Y? The PhD experience moulded me into a different version of myself and I took this and developed a business of helping people with chronic conditions with their nutrition and lifestyle changes. Combining my personal experience of shedding 55lbs and keeping it off for 15 years, and the growth from a couch potato to a powerlifter, mixed with scientific components of human biology, microbiome studies and mental health training, resulted in a multi award-winning coaching business alongside my career as an educated focussed academic.

The experience I have gotten through studying, living, and working in Scotland, have shaped me into the person that I am today. I absolutely love teaching and University of Aberdeen enables me to develop my skills to become a lecturer that creates an impact.

Tell us about your B.A.D membership program.

Breaking B.A.D. movement (Balanced. Authentic. Deserving.) is designed to help overwhelmed women with chronic conditions break the cycle of pain, digestive issues, nutrient starvation, reduced productivity, and frustration! A whopping 70% of illnesses are nutrition & lifestyle related, so I decided to educate, support, and coach women, so they can learn and pass on the knowledge to their families and therefore create a B.A.D. movement

> "Physical and mental health are at the forefront of any succesful project!"

Physical and mental health are at the forefront of any successful project! In most cases, people (especially women) tend to ignore their own well-being in order to spend more time on projects (business, family..). This is why I created a simple, yet powerful program that takes you from Plate to Prosperity by reducing brain fog, eliminating afternoon slump, managing chronic conditions such as depression and anxiety and balancing hormones. YES! It's very possible through NUTRITION and lifestyle change!

What other things do you have going on you're happy to share? How do you keep it all in balance while staying healthy?

It's all a balancing act and it never ends. When you have the tools and support on your journey, you keep coming back to what's important to you. My mission is to create a world of healthy people who are able to take control of their own body, mind and health!

Understanding the endless guilt and shame attached

Below: Fresh food with Monika. © Monika Gostic.. All rights reserved.

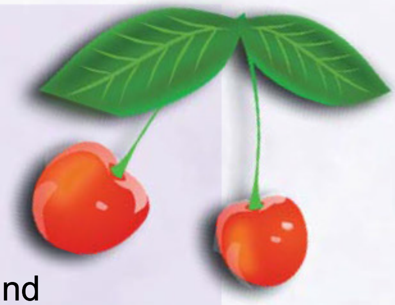
towards food and habits, I created the Balanced, Authentic, Deserving (B.A.D.) movement that allows women to feel empowered without needing the fad diets and the unrealistic pursuit to a 24 inch waist.

I give utmost importance to feeling confident in one's skin while being healthy, which is why I started this pursuit of creating personalised attainable guides to a healthy lifestyle of balanced nutrition and physical strength.

My clients are professional women (corporate, former corporate, or successful entrepreneurs) who juggle a lot of hats, who want more freedom, time and choices in their lives, so that they can CHOOSE what to do, what to eat, and which activities to choose. I do work with men, however only on 1-1 basis.

Below: Pineapple time! © Monika Gostic.. All rights reserved.

Final thoughts



We can appreciate how Monika Gostic sees the value of boosting health through authenticity and positivity, instead of any harsh, linear societal expectations, or personal denigration. If you struggle with competing demands in life and chronic health conditions, consider checking out Monika Gostic's B.A.D program, or various free resources that can be found on her website. Personally, I have been taking the program for a couple months have already seen the benefits of the supportive, informative group she has created.

Bio

Lecturing at University level, Monika Gostic has taken courses in Medicine, Medical Sciences and Nutrition. With a background in cancer research she is a Public Speaker, Award-winning Nutrition coach (3 awards, 4 nominations) and a Gut Health Specialist. Her BSc is in Microbiology, having also obtained MSc Molecular Biology and PhD Genetics.

Links

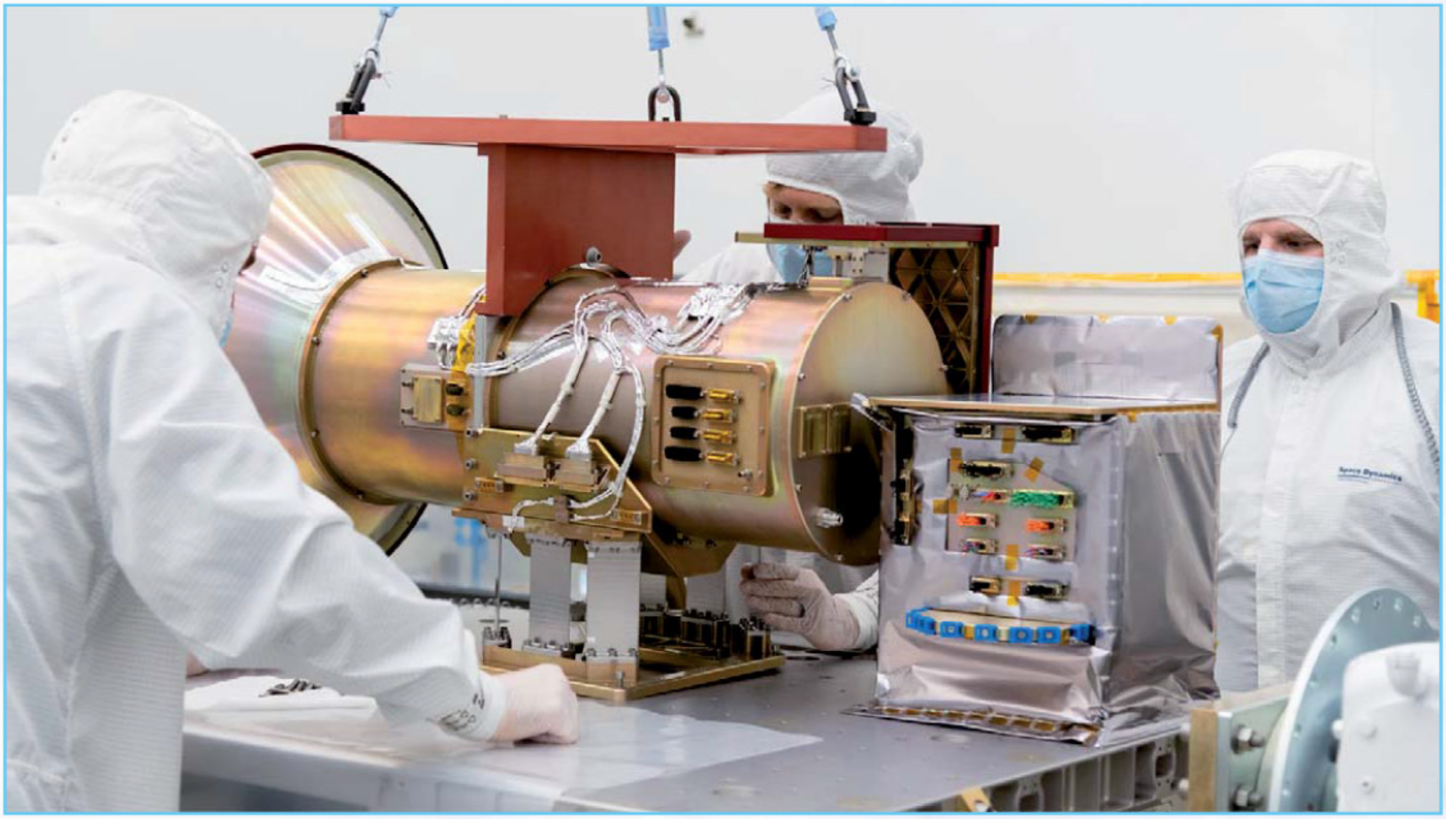
Free smoothie recipes:
https://smoothies.drmonikagostic.com/

NASA Announces Future Launch for USU-Led Space Weather Mission

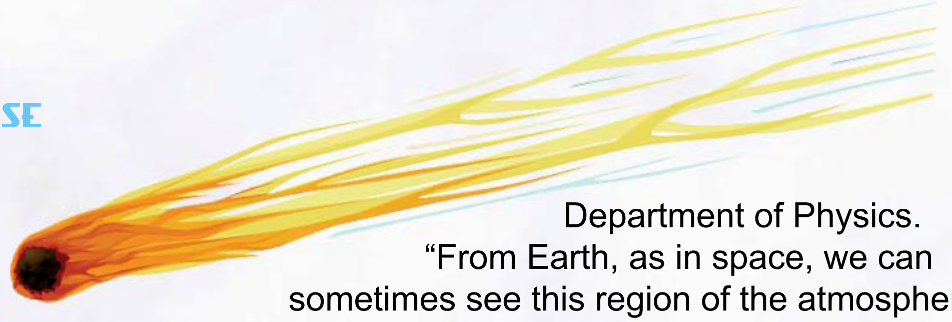
NORTH LOGAN, Utah, March 17, 2023

NASA announced that the launch of the Utah State University Space Dynamics Laboratory and College of Science-led Atmospheric Waves Experiment, or AWE, is scheduled for December 2023.

The NASA-funded instrument will launch from Cape Canaveral Space Force Station to the International Space Station.



NORTH LOGAN, UTAH, March 17, 2023 –SDL Engineer and Scientist Brian Thompson, Engineering Associate Dave Griffin, and Mission Assurance Manager Russ Kirkham are pictured mounting the AWE Opto-Mechanical Assembly (OMA) to the flight EXPRESS Payload Adapter (ExPA) at SDL facilities on Utah State University's Innovation Campus
© SDL/Allison Bills



AWE Principal Investigator Dr. Michael Taylor from USU's College of Science leads a team of scientists that will provide new details about how the weather on Earth interacts with, and affects, space weather. To do that, the AWE instrument, measuring about 54 centimeters by one meter and weighing less than 57 kilograms, will peer into Earth's upper atmosphere from an orbit of about 400 kilometers above to provide unprecedented images of Earth's gravity waves as they rise through the mesopause, the mesosphere's upper boundary, and into other parts of the ionosphere.

Atmospheric gravity waves are generated by weather events on Earth, including strong winds that shoot upward as they collide with large mountains, hurricanes that create gravity waves directly through high winds and indirectly by interacting with underlying topography, and seismic activities such as earthquakes and volcanic eruptions.

Impacts from atmospheric gravity waves and space weather can adversely affect satellites that provide seemingly ubiquitous services across the globe and for human spaceflight missions. Communications, banking, navigation, and entertainment largely depend on spacecraft that receive ground data and beam information to Earth. New knowledge from AWE will help scientists more accurately forecast the effect of atmospheric gravity waves and space weather on satellite communications and enable mission planners and satellite operators to plan contingencies.

"The mesopause is our porthole to space weather, through which Earth's atmospheric gravity waves that affect space weather must pass," said Taylor, professor in USU's Department of Physics. "From Earth, as in space, we can sometimes see this region of the atmosphere when it produces colorful bands of light known as airglow. Scientists have been studying atmospheric gravity waves from the ground for decades. AWE will allow for observations from space for the first time and provide us with new information about interactions between the waves and space weather."

USU's Space Dynamics Laboratory is responsible for AWE's total project management, systems engineering, safety and mission assurance, and on-orbit operations.

"Following a rigorous calibration and test campaign to ensure that the science instrument is flight ready, SDL is making preparations for AWE's safe storage until it is shipped to Cape Canaveral," said Burt Lamborn, SDL's AWE project manager. "SDL is looking forward to the December launch of AWE, but our work will not be finished. We are honored to work with NASA's Heliophysics team and Dr. Taylor as SDL leads mission operations once the instrument is launched and integrated onto the ISS."

> *"Atmospheric gravity waves are generated by weather events on Earth, including strong winds that shoot upward as they collide with large mountains..."*

USU has been involved in space research for nearly seven decades and is a NASA Space Grant university. However, AWE is a major milestone for USU. It represents the first time the university has served as a total mission provider for a major NASA program. USU is providing the principal investigator, manufacturing the science instrument, and leading on-orbit and mission operations management.

AWE is a Mission of Opportunity under NASA's Heliophysics Explorers Program, which conducts innovative, streamlined scientific investigations by developing instrumentation to answer focused science questions that augment and complement the agency's larger missions.

AWE joins a fleet of heliophysics missions positioned at key places around the solar system, which together seek to understand the way the constant outflow of energy and particles from our Sun affects interplanetary space — information that not only teaches us more about our astrophysical neighborhood, but helps protect astronauts and technology in space.

USU's Department of Physics is among six academic departments of the College of Science. As part of a land- and space-grant university, the college's mission is to create, share, and apply new knowledge to inspire scientific solutions to global challenges. USU physics students develop valuable research and critical thinking skills with professors engaged in world-class research programs. For more information, visit www.physics.usu.edu.

Headquartered on Utah State University's Innovation Campus in North Logan, UT, the Space Dynamics Laboratory is a nonprofit organization and a Department of Defense University Affiliated Research Center owned by USU. More than 1,000 dedicated SDL engineers, scientists, business professionals, and student employees solve technical challenges faced by the military, science community, and industry and support NASA's vision to explore the secrets of the universe for the benefit of all. SDL has field offices in Albuquerque, NM; Chantilly, VA; Dayton, OH; Huntsville, AL; Ogden, UT; and Stafford, VA. For more information, visit www.sdl.usu.edu.

Credit

Thank you to Space Dynamics Laboratory and Utah State University College of Science.

Disclaimer: *The material is based upon work supported by the National Aeronautics and Space Administration under Contract Number 80GSFC18C0007. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of NASA.*

Conservation

The Science Behind Zombie Ants!

Portrait of William C. Beckerson

(above)

© *William C. Beckerson.* All rights reserved.

This picture shows Dr. William C. Beckerson and an Ophiocordyceps-infected zombie ant. The infected carpenter ant can be seen displaying the famous "death grip" behavioral manipulation that ensures the host is firmly attached to an elevated location for the fungus to emerge and spread new spores on the wind.

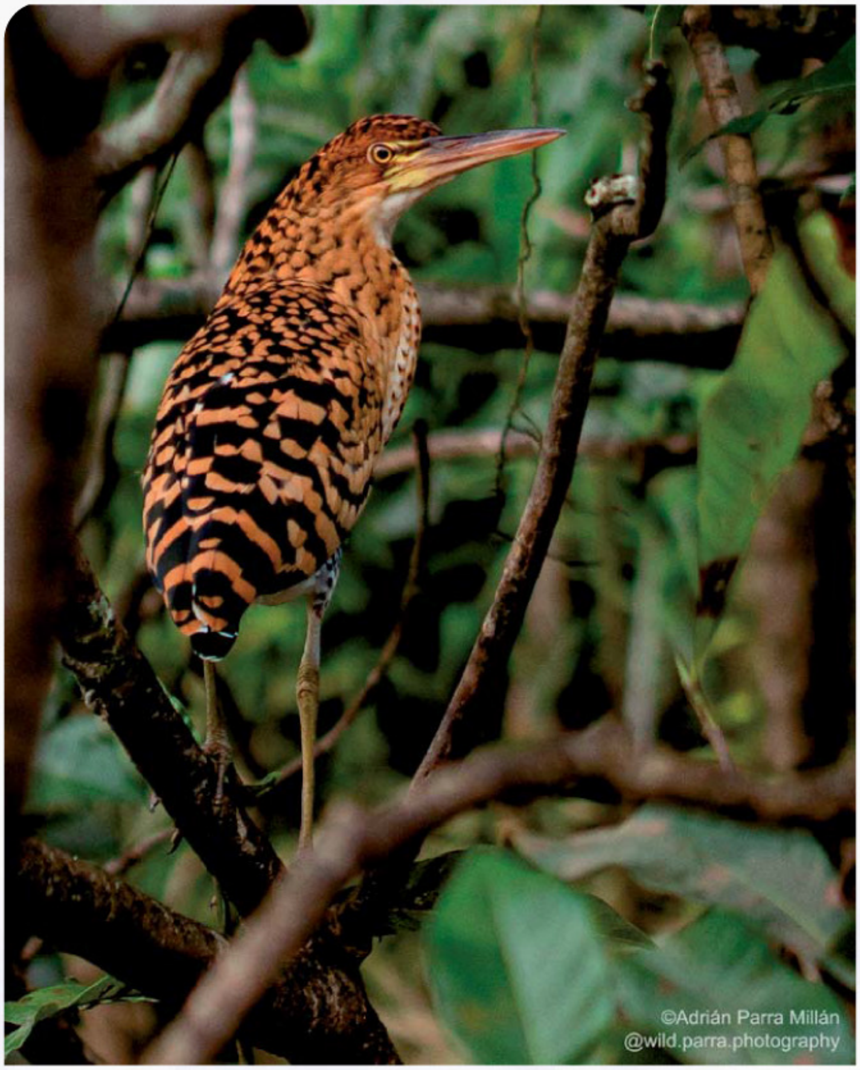
About

Dr. William C. Beckerson is a postdoctoral research fellow at Utrecht University in the Netherlands seeking to understand the biomolecules involved in behavioral manipulation of zombie ants. His research utilizes model organisms to express fungal proteins and secondary metabolites and study their effect on the nervous system and animal behavior.

Contact

Website:
https://www.williamcbeckersonphd.com

The mangrove tiger



Mangrove tiger *(left)*
© ADRIÁN PARRA MILLÁN, @wild.parra.photography. All rights reserved

The tiger heron (*Tigrisoma fasciatum*) is an ardeid that presents an intense orange coloration in its juvenile years, similar to that of the big Asian cat. It lives in rivers and wetlands in South America, in the Neotropical region. The photo was made in Cuyabeno Reserve, in the wonderful Ecuatorian amazon rainforest.

About

Adrián is a young biology student and photographer from Spain, Alicante. Having always loved nature, and photography is the perfect tool to show his passion to the rest of the world. His goal is to become an expert herpethologist while engaging in scientific divulgation all around the world.

Contact

Instagram: @wild.parra.photography

Scicomm (Science communication)

Why we bridge science with art in NatureVolve

Written by Josh Gross

Originally published on The Jaguar And Its Alliies

The Jaguar
AND ITS ALLIES

Click here to visit

This is my first Q&A post in a very long time, and it's with someone whom I'm happy to feature: Clarissa Wright. Clarissa is the Founder and Editor-in-Chief of NatureVolve, which is a magazine that blends art and science.

I've written about NatureVolve before on my blog The Jaguar and Its Allies, both in the distant past (meaning 2019) and more recently. As someone who loves both science and art, having one publication that combined both domains seemed like a great idea to me.

However, I wanted to hear from Clarissa herself about why she decided to create a magazine that focuses on art and science, and about her experiences with running her own publication. The following interview explores those topics, as well as others.

Above: Clarissa participating in an expedition to Oman, searching for endemic plants and opportunistic findings, such as ancient ruins. All rights reserved.

Q & A - Clarissa Wright (Chief Editor of NatureVolve)

What is the overall goal of NatureVolve?

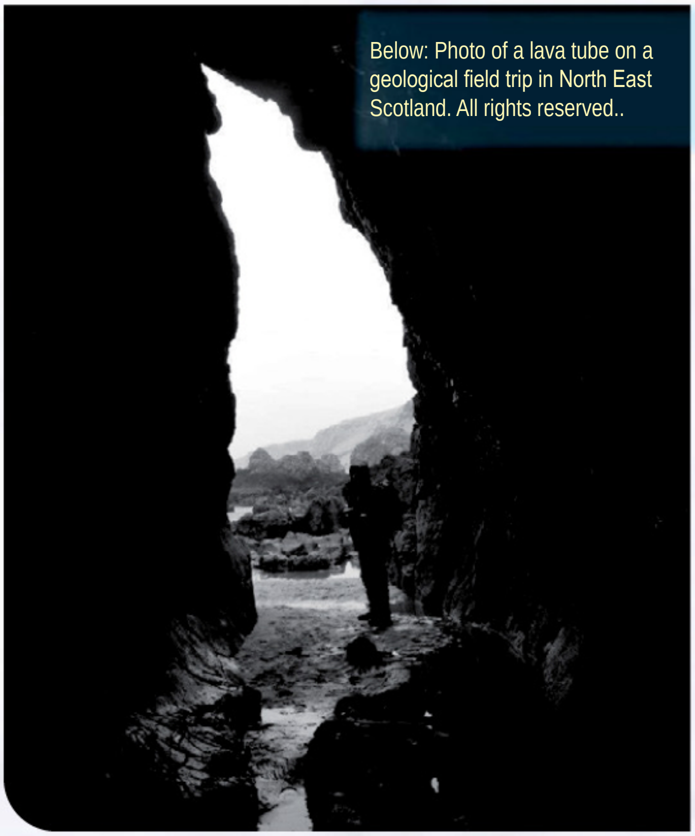
The overall goal behind NatureVolve is to engage diverse global communities in research and ideas about nature and the world in which we live.

We believe creative communication can break down barriers between research, the creative arts and society, so we unite scientists, conservationists, and artists on one platform to promote collaboration across different fields of study and art.

The magazine takes the reader through a journey across its sections, beginning with Science, Conservation, through to Scicomm and Art.

We begin by featuring scientists and their personal stories and insights in their relevant fields – in the Science section – covering the full spectrum of STEAM (Science, Technology, Engineering, Arts, and Math) subjects.

In the Conservation section, we are particularly focused on communicating important messages about how the planet is changing in response to human activity: whether it be climate change or plastic pollution. While gaining an awareness of the planet, we also seek to grow an appreciation of it, through creative science communication projects like digital illustrations seen in the Scicomm section, or visual artworks that can be found in the Art section.


Below: Photo of a lava tube on a geological field trip in North East Scotland. All rights reserved..

In your view, how are science and art related?

Science and art were once closely intertwined, as we can see when we think back to the naturalists and polymaths of history, such as Leonardo da Vinci, an Italian polymath of the High Renaissance who was active as a painter, draftsman, engineer, scientist, theorist, sculptor, and architect.

Lesser known is Ernst Haeckel, who created intricate illustrations of organisms seen under the microscope on the Challenger expedition, such as radiolarians: microscopic algae encased in exquisite glassy shells.

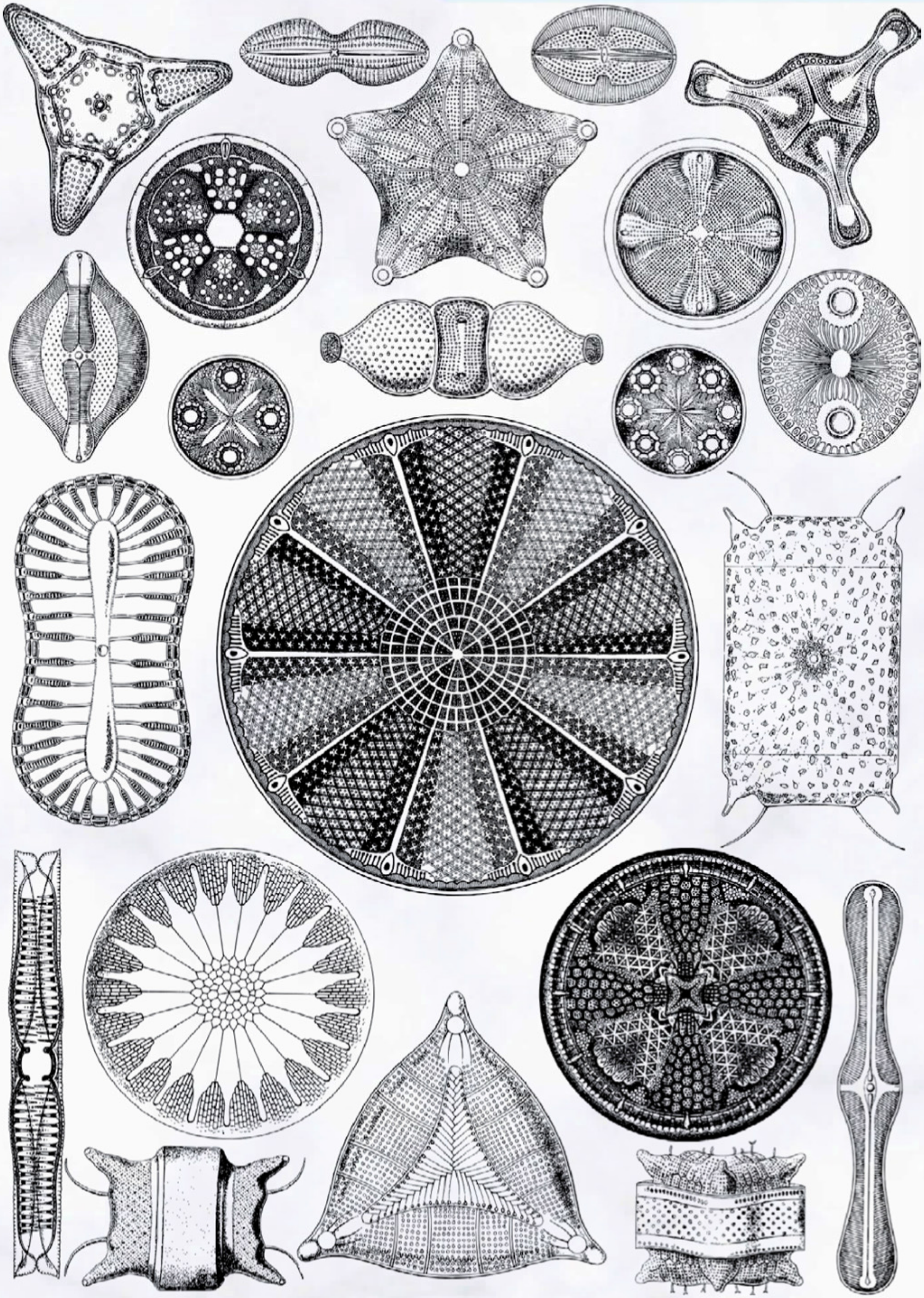
Born in the 1800s, Ernst Haeckel was a physician, biologist, and professor, but also an artist who recorded important scientific observations on expeditions. An example of his illustration of diatoms is shown on the next page.

We can see how science illustration, before the height of photography was, and remains to this day, an important method of record-making and science communication.

Even those who do not consider themselves to be science communicators can relate to both science and art.

An artist might say their creative approach is “scientific” in the methods of their work. A scientist might say their scientific approach is “artistic” as they creatively evaluate possibilities and problem solve; it is in our way of thinking where we can see a cross-over between science and art.

Both involve problem solving, methodical processes and experimentation; and, in the end, a tangible piece of work to effectively communicate something important to others.



Below: Illustrations of diatoms by Ernst Haeckel from the Chaenger expedition.

Nature itself bridges science and art, as these disciplines provide different ways of describing aspects of the natural world, so that others can appreciate it also, and that is the underlying theme behind NatureVolve.

You mentioned in a previous interview that one of NatureVolve's unique features is that it combines stories about multiple scientific disciplines into one magazine. What are the advantages to having a cross-disciplinary publication, like NatureVolve?

Having a variety of subjects in one publication could help people to learn about a new subject they otherwise would not have encountered. It may also be that the diversity of content engages the readers well.

There is also something more philosophical behind it, as arguably, subjects of study in academia (and the professional world) can commonly become "pigeon-holed."

For many, there is the experience of having a sense that one should stay in their specific field while embarking on a PhD or another postgraduate research program (or other professional career). It can become harder to have much cross-collaboration or to delve into new subjects once a specialty is established.

> "Nature itself bridges science and art."

This does not stop some academics and professionals (like doctors) from starting side projects where they use their creativity to communicate aspects of their field to a wider audience. These projects can be found across the internet: on Instagram, Twitter, and even TikTok. We feature some in NatureVolve's Scicomm section, where we can see how science and art are utilized to educate and engage others.

What's been the biggest challenge associated with launching and running NatureVolve?

There's a challenge in introducing this relatively new and unique publication to new communities.

We are aiming to raise awareness of the magazine and invite others to both enjoy reading it and

Below: Clarissa's wildlife photography of a lizard in Oman. All rights reserved.

Above: Image taken with DSLR camera of Empty Quarter desert in Oman. Photography by Clarissa Wright. All rights reserved.

Right: Expedition members atop a sand dune at dusk. All rights reserved.

Above: Permaculture project and Clarissa's dog gardening. All rights reserved.

potentially contribute. There are a lot of distractions out there, especially on the internet and the media world so in our projects we have to navigate through the noise to find our target audiences.

Social media engagement, but also highlighting the importance and relevance of our stories to our readers has been key.

Sometimes, people come across NatureVolve through their library's digital archive, Issuu.com or on our website, and readers want to see more, and will look forward to the next issue by subscribing on our site.

However, we particularly want to reach people of diverse backgrounds, and are open to new ways of doing so. Collaborations are key and this is why we really appreciate what support we can get in our network and collaborations to spread the word about our mission to bridge science and art, and to share ideas about the planet.

What have you enjoyed most about working on NatureVolve?

Pulling all of the amazing stories and art forms together in each issue!

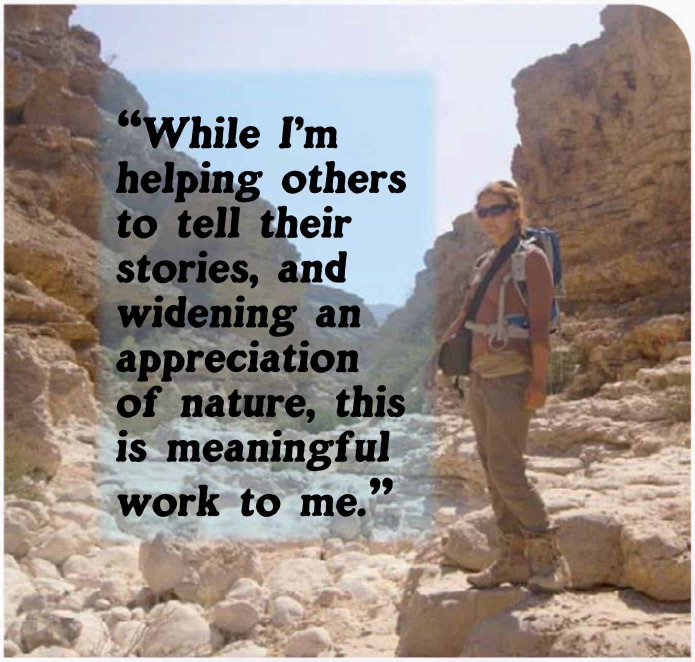
I have particularly enjoyed the stage of the publishing process where articles are complete and ready to be compiled and designed in the full magazine issue. This is where my visual art side comes in.

In my spare time, I have often completed drawings and paintings inspired by nature, such as rocks during my geology studies and field expeditions, and I've always had an interest in design and innovation. Also, I've long been a musical composer, gardener, designer, drummer, keyboard player and guitarist.

Perhaps the creative process itself is why I enjoy working with different elements, whether it be texts or graphics in the magazine, or the diverse themes and topics that we publish.

But what I enjoy most is connecting with others! Whether it be the members, contributors, and collaborators in NatureVolve, I love supporting researchers and creatives to tangibly share their important ideas and projects about the natural worldwith new communities through the magazine format.

While I'm helping others to tell their stories, and widening an appreciation of nature, this is meaningful work to me.



"While I'm helping others to tell their stories, and widening an appreciation of nature, this is meaningful work to me."

Final thoughts

I'd like to thank Clarissa for taking the time to collaborate on this Q&A post. As Clarissa pointed out, science and art don't have to be separate realms. Artists can be scientists – and scientists can be artists – and nature unites both domains. The natural world is simultaneously fascinating from a scientific point of view, and undeniably beautiful. Furthermore, both scientists and artists can enhance our relationships with the natural world in ways that contribute to its conservation. Thus, having one magazine that focuses on art and science is an excellent idea, and I highly recommend that you learn more about NatureVolve.

Bio

Clarissa Wright is a creative writer, artist and science journalist who founded NatureVolve to bring together a community of artists and scientists to share important ideas about the planet in which we live.

Links

Twitter: @ClarissaWrights

About the author

Josh Gross is a science writer, blogger, conservationist, and an avocational archeologist. He holds an interdisciplinary master's degree from Cal Poly Humboldt that focuses on the "human dimensions" of conservation, and he divides his time between writing and field work. Josh runs an award-winning blog that covers wildlife conservation, science communication, and his field experience.

The New York City Virus Hunters Community Science initiative– working together to prevent the next pandemic

New York City Virus Hunters
New York City Virus Hunters
Sample collection in NYC parks and natural areas
Sample collection at Wild Bird Fund
Sample processing and analysis
NYC Parks
WBF
Icahn School of Medicine at Mount Sinai
BIOBUS

BioBus Junior Scientists conducting research. ***(left)*** © Christine Marizzi/BioBus. All rights reserved.

Each year the New York City Virus Hunters program provides New York City high school students the opportunity to use modern viral surveillance techniques to explore their urban environment and generate crucial data on the prevalence of avian diseases. The Junior Scientists are paired with scientist mentors who guide them through the research process, culminating in publications and presentations at research symposia. The Virus Hunters spent time gathering more than 2500 samples, learned about urban wild birds at an animal rehabilitation clinic alongside trained veterinarians and finally joined a leading influenza research laboratory at Mount Sinai to process samples and screen them for viruses. First results have been published in a scientific peer-reviewed journal, with the students as co-authors!

About

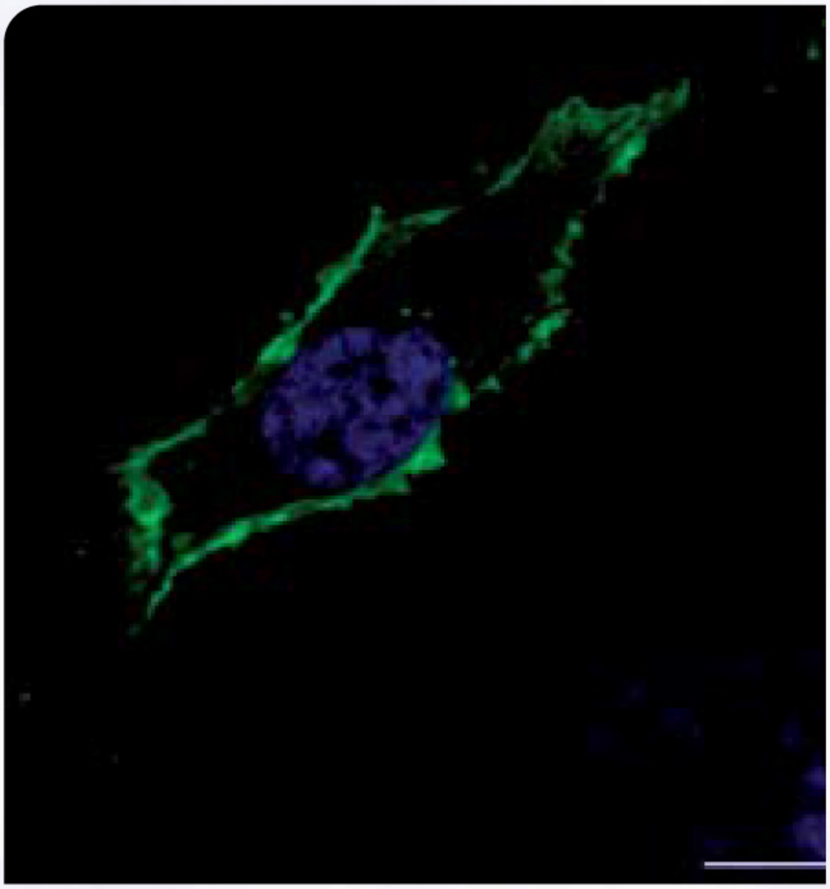
Christine Marizzi, Ph.D, is a trained Geneticist and Director of Community Science at BioBus. She believes that #ScienceIsForEveryone. In her work she builds frameworks that help students realize their greatest potential in STEM fields and provide traditionally under-represented minorities with multiple entry points to academic and professional careers in STEM disciplines.

Contact

Twitter:

@cmarizzi

Scientist's favourite drug target: G-protein Coupled Receptors



About

Katie is a PhD student at Imperial College London studying G-protein Coupled Receptor signalling and structure. She is also a science communicator with her Instagram account that aims to make science more accessible and to show a more transparent view of what doing a PhD in science is really like.

Contact

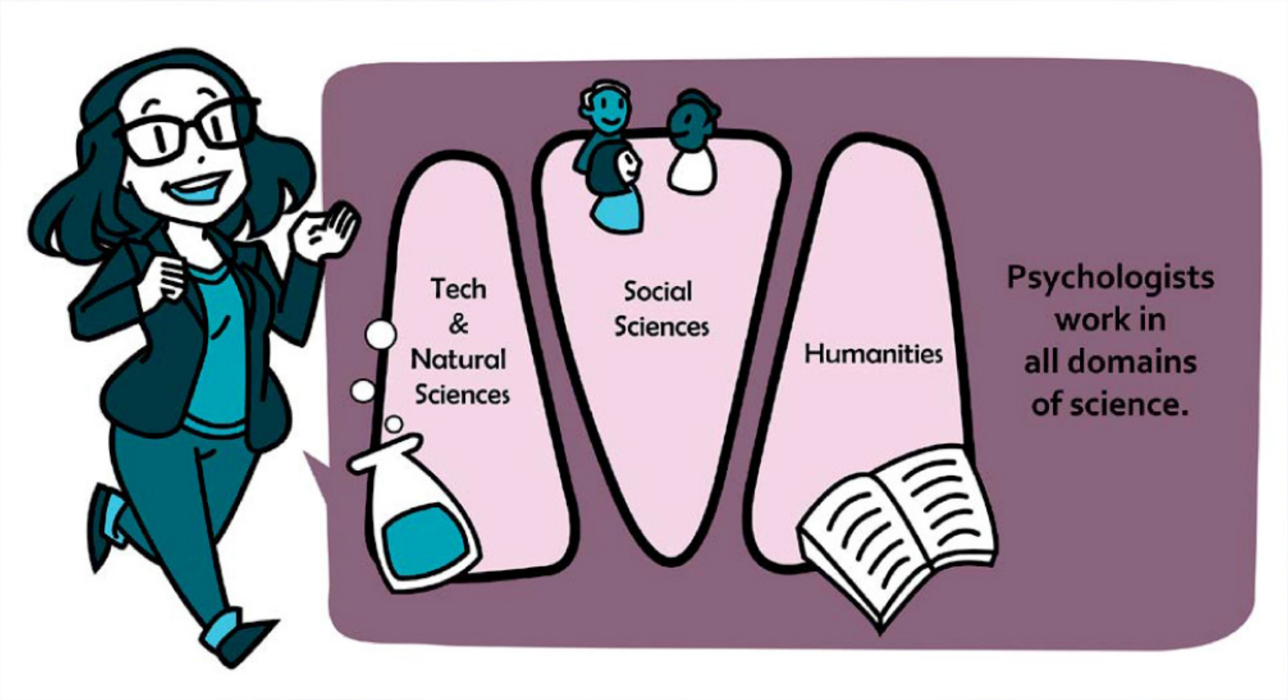
Instagram:
@phd_katie

Microscopic image of cell. *(above)*

© Katie Sharrocks All rights reserved.

The image shows a cell, taken with a confocal microscope. This technique allows you to visualise your protein of interest using fluorescently tagged antibody. In this case, the blue is the nucleus of the cell and the green is G-protein coupled receptor (GPCR) of interest. Lots of drugs target GPCRs so it is important that we understand how they work.alongside trained veterinarians and finally joined a leading influenza research laboratory at Mount Sinai to process samples and screen them for viruses. First results have been published in a scientific peer-reviewed journal, with the students as co-authors!

Psychologists work in all domains of science



About

psychoSoph is a comic on psychology, cognitive science, and neuroscience drawn by cognitive scientist Sophie G. Elschner. Sophie explores often surprising topics from those fields and explains not only what we know, but how the data is generated, how scientists evaluate the evidence, and how sometimes seemingly easy questions have answers more complex than you would think!

Contact

Website:

https://psychoSophComic.com/

Comic: All domains of science.
(above)

© Sophie G. Elschner. All rights reserved.

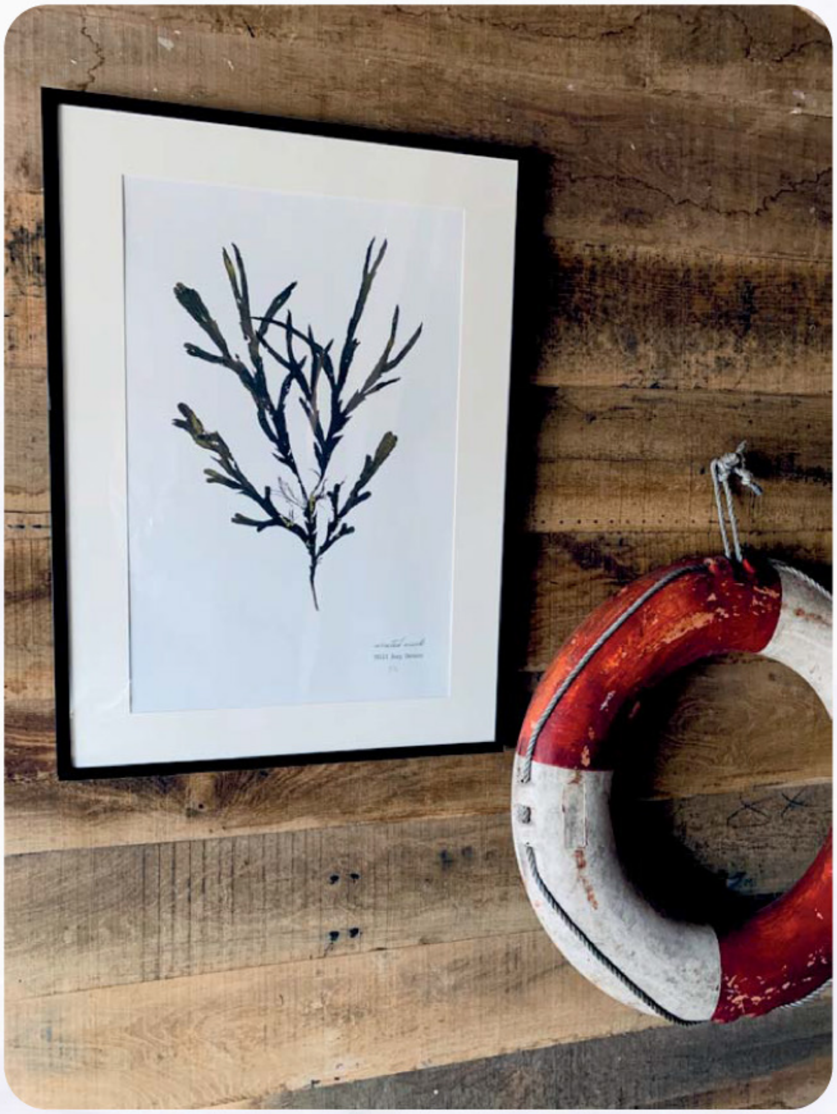
The illustration is a snippet from the comic "What is psychology?", which explains the field of psychology and the differences between psychologists, psychotherapists, and psychiatrists. I wanted to show how diverse this research can be, using simple visuals that make the science shine! After an initial sketch on paper, the drawings are redrawn, colored, and texted in Adobe Illustrator.

Art

The Seaweed Studio

Seaweed is often overlooked and unappreciated for its vital role in marine ecosystems and carbon capture. It is so much more than a slimy encounter in the sea! I hope by highlighting the beauty of seaweed through my art, I can raise awareness of its importance.

I started pressing seaweed following a local beach clean, after noticing the variety of specimens in amongst the plastic fragments. I was amazed by the results and soon 'The Seaweed Studio' was born.



Artwork

Serrated Wrack, Mill Bay *(left)*

© Rain Jordan. All rights reserved.

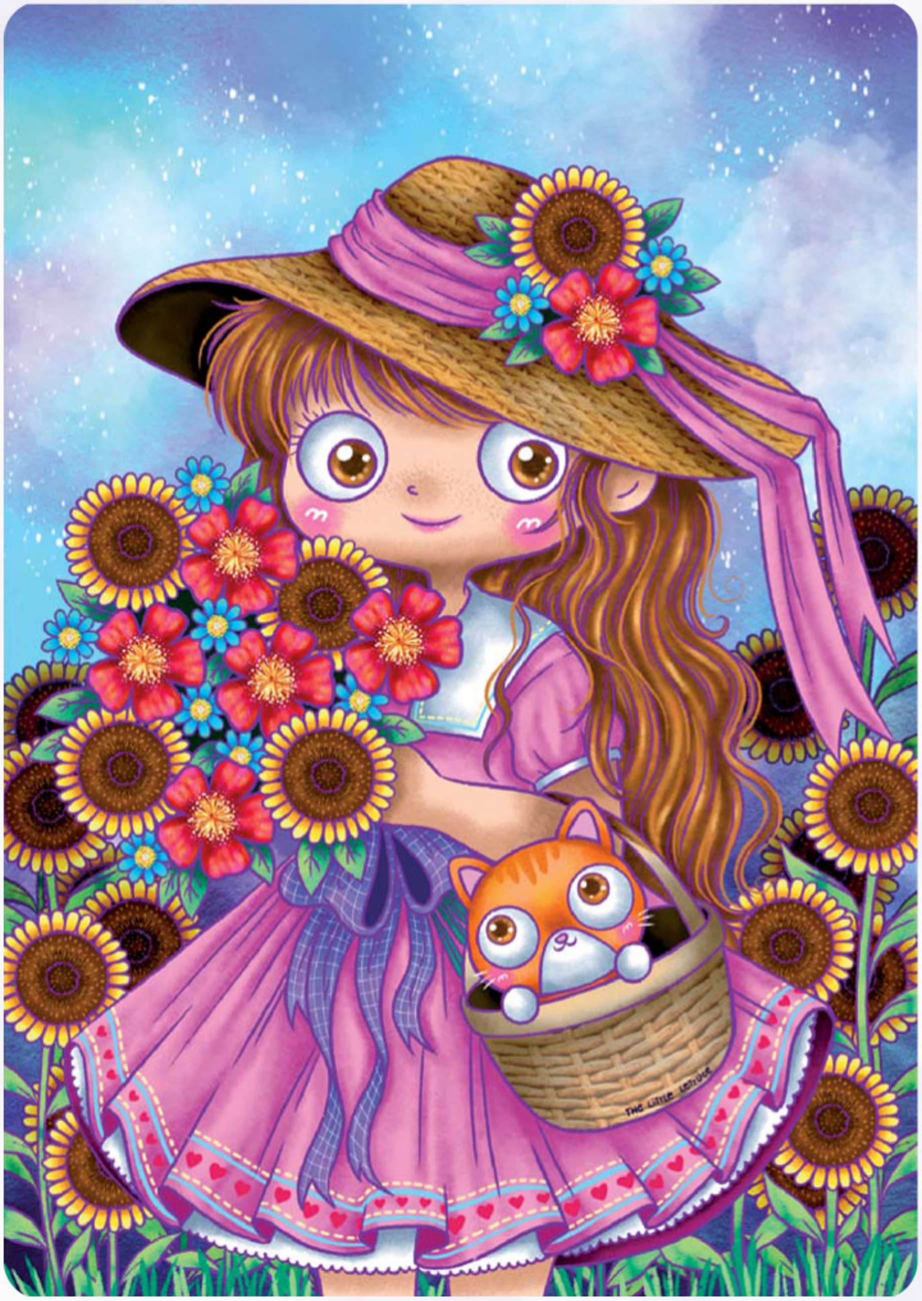
This simple but effective pressing of Serrated Wrack was found washed up on Mill Bay beach in the Salcombe Estuary, Devon. Once collected the seaweed is carefully hand pressed, which can take up to 2 weeks to achieve the best results.

Seaweed varies immensely in its colour, texture and form and I have tried to reflect this in my art. I have created bold, vibrant prints from the original pressings, carefully maintaining its natural appearance.

Links

Website:
www.theseaweedstudio.co.uk

Paula Romaine Ongsuco



I can't go a day without art and coffee. I love anything creative, artistic, colorful, and playful. My name is Paula Romaine (literally means "Little Lettuce") Ongsuco-Salmingo, and I'm an artist, digital illustrator and fabric designer from the Philippines.

Artwork Sunflowers (left)

© Ammy the Artist. All rights reserved.

It's summer here in our country and what inspires me to make this art are the beautiful sunflowers that bloom at their best during this season.

Links

Instagram:
@the.little.lettuce

Written word

The Crab

By Ronan Quinn

The green scum is coming ever closer to
the shore, there is hotch potch of rubbish
and green algae. The wildlife gathers too,
the reality of the local nature an anguish.

The crab is going hard to make up a little
distance. His friends retreat from the water.
Clapping helps him to forage not belittle
the others who need the same, no matter.

The look of the sky darkens, he hides and
goes under, for a time he covers himself
with friends. Rain slides off a rock at hand.
A lobster is seen, a ledge acts like a shelf.

Crab hides under it, the predator is gone.
The rain slithers off the ledge overhead, It
drips to pools below. But where is the sun?
But crab is content, the rock a perfect fit.

Bio

Ronan Quinn is an editor, writer, poet and literary translator who has been based in Dublin. He studied for an undergraduate degree in Russian and European History in Bangor University and a Masters in Russian Literary Translation in Trinity College Dublin.

Originally a journalist for various publications in Ireland, including The Irish Times, Ronan went on to translate many books from Russian to English.

ANNOUNCEMENT

NatureVolve

Bridging science & art

Breaking down the barriers between scientists and the wider public is a global challenge.

Are there ways we can make research more accessible across the world?

How can we encourage collaboration between seemingly opposing subjects?

We believe effective science communication can be achieved through creative story-telling and aesthetics - with the help of journalism, art and design.

Contact our team of science communicators to help you with your project today.

Why we bridge science and art

Through both science and art, we celebrate fascinating aspects of the natural world. Meanwhile, we encourage the fusion of different subjects within the sciences and arts while presenting the valuable ideas of scientists and creative artists to our readers.

We are a community supporting scientists and researchers to engage their niche subject areas with wider public audiences, in an engaging and understandable way. This helps diverse communities to access research content more easily.

Call for submissions

We are inviting applicable researchers and creatives to share their insights in NatureVolve magazine:

If you are a..
STEM researcher
Science communicator
Conservationist
Science-based organization

Creative artist or writer
..inspired by nature, we want to hear from you!

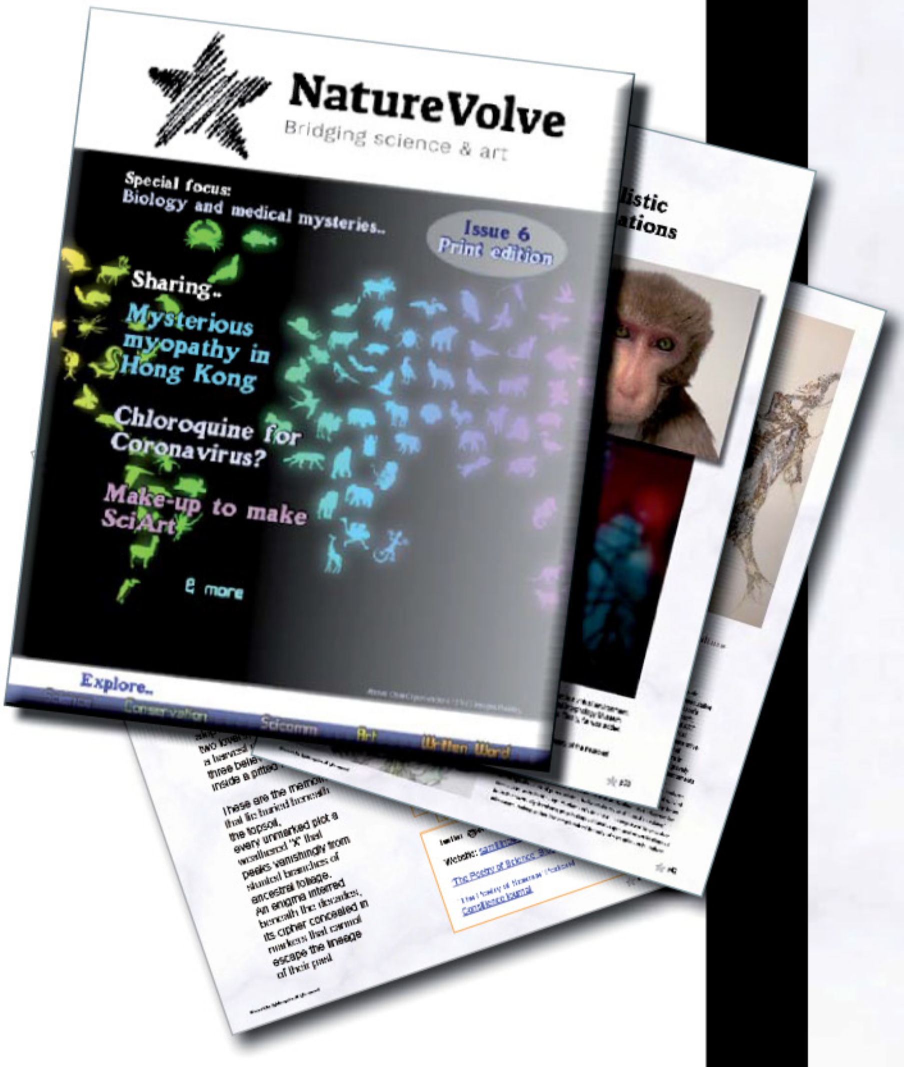
You can register interest on NatureVolve.com

NatureVolve

Bridging science & art

Thank you for reading NatureVolve magazine!

If you enjoyed this issue you can get access to more science-art stories on platforms such as Zinio, Pressreader (check access through your library) or our website naturevolve.com


NatureVolve
Bridging science & art
Special focus:
Biology and medical mysteries..
Issue 6
Print edition
Sharing..
Mysterious myopathy in Hong Kong
Chloroquine for Coronavirus?
Make-up to make SciArt
& more
Explore..
Science
Conservation
Scicomm
Art
Written Word

Want to get in touch?

If interested in sending in your feedback or being featured, you can contact Clarissa (*Editor-in-Chief*) at *Clarissa@naturevolve.com*

You can also find us on twitter with our handle @naturevolve or facebook on the page *NatureVolve Magazine*.

Another big thank you to all contributors to our issues, our dedicated readers. To support our project please consider tipping with a small donation to help us grow and present new opportunities to the science-art community.

ResearchHub
SciLabs
WONDER WOMEN IN STEM 2019
THE JOURNAL OF STORIES IN SCIENCE
A PROJECT BY THE STEM ADVOCACY INSTITUTE
SAI NANO CHATS
SAi Fellows Program
M-LAB
Sr
Millennial Scnce™
SciComm Board
SAi Brain Explorers
GALACTIC POLYMATH
THINK BIGGER · LEARN EVERYTHING
NatureVolve
Bridging science & art

connecting science & society

SAi
STEM ADVOCACY INSTITUTE

About Us

We are an incubator that provides support to accelerate the building of new tools and programs that strengthen the networks of access between science and society.

Find out what you can do >> SCAN ME

www.stemadvocacy.org

Copyright notice
© NatureVolve digital magazine. All original content providers retain the copyright to their work. No content in this publication may be reused without permission.

NatureVolve

Bridging science & art

NatureVolve.com

Click here to visit